



# Building Resilience

You can learn skills to strengthen your resilience.

Resilience is a mental muscle – a set of skills to help prevent, stand up to and bounce back from life's challenges and major changes, without getting overwhelmed.



**Take care of your body.** Eat healthy, stay active and make sleep a priority.

**Be present.** Focus on your thoughts, feelings and sensations in the moment to become more aware of what's important to you.

**Be more optimistic.** Acknowledge negative feelings but focus on the positive. Express gratitude. Be more flexible with change by focusing on things you can improve.

**Find purpose.** Volunteer, help others or connect with a faith community. Work on your goals. Learn from challenging events.

**Build connections.** Nurture strong, supportive relationships.